

# Knowledge Organiser Music Performance

## Dummies Guide to Rehearsals

### Techniques you should be rehearsing and commenting on in log books

- Accuracy of pitch and rhythm
- Intonation (being in tune)
- Technical exercises (eg scales, arpeggios – ask your teacher for some which are specific to your instrument)
- Expression and dynamics
- Phrasing (creating musical sentences in the way you perform them)
- Sight reading
- Breath control
- Vibrato (the 'wobble' when you play a wind instrument or sing)
- Confidence
- Tuning your instrument
- Following an accompaniment
- Learning the pieces (repertoire)
- Musical interaction with others
- Stage presence

### You should be able to demonstrate the following music rehearsal skills (these are ideas to help you to solve particular problems/work on specific skills or parts of music)

- Warm ups (ask your teacher for some good ones for your instrument)
- Physical preparation (breathing, relaxation, technical exercises for your instrument)
- Breaking down the piece of music to help you work on difficult sections
- Rehearsing with the accompanist

### You should consider how to interpret your pieces in your performance, use the list below to help you rehearse and also to complete your log books

- Emphasis (this could be a note, a word or a phrase)
- The style of the music – does your performance fit with the style of the piece?
- Physical expression (facial expressions etc)
- Communicating the meaning with the audience
- Use of timing (rubato perhaps or changing tempo)
- Use of dynamics
- Projection
- Diction
- Stage presence

### You should be able to demonstrate the following personal management skills

- Independent practise outside of lesson times
- Attendance at Music and instrumental lessons
- Good use of time and keeping to your rehearsal schedule
- Being ready to rehearse – having equipment/rehearsing your own part if in a group
- Listening to direction from teachers
- Working safely
- Being willing to try things out
- Concentration throughout rehearsals
- Appropriate interaction with others

### 1. WARM UP!

Regardless of your experience, instrument, voice or music being performed, EVERY musician should always warm up before rehearsal or performance, but why? This helps you to perform to the best of your abilities in terms of tone, ability to play for longer and not injure yourselves.

#### Ideas for warm ups –

Scales and arpeggios (all instrumentalists except drummers and singers) – these technical exercises can help you to develop your skills in terms of tone, dexterity (how quickly you can move your fingers for example, or flexibility) and range. Ask your instrumental teacher or Mr Williams or Miss Bates for advice if you don't know much about these.

Long notes (wind instruments and singers) – these could be built up, you can count to 8 whilst playing/singing notes, then try to extend this each session by 4 more counts. This will help to develop your tone, vibrato, range and breath control.

Finger exercises (keyboard and guitar instruments) – rapidly strumming or striking keys with different notes and building up the speed session by session that you can play the notes at but the key is they should be EVEN in terms of rhythm. This will help you to tackle faster passages where you have to change notes quite quickly.

Breathing exercises (wind instruments and singers) – there are lots of these available – look at YouTube. You could consider breathing in over 4 counts, holding for 4 counts and breathing out for 4 counts. This can help you to develop diaphragm muscles and breath control.

Chord exercises (guitar instruments) – if you're going to be playing pieces involving mainly chords, it makes sense to warm up using chords. Strumming fairly simple chords in different strumming patterns will help to strengthen how you play chords and making them sound even in terms of rhythm and how you strike each string.

These are just initial ideas, there are LOADS of things you can do to warm up. Some websites for ideas are below:

Guitarists - <http://www.dummies.com/how-to/music-creative-arts/music/Guitar/Exercises-Warm-ups.html>

Singers - <http://www.dummies.com/search.html?query=singing+warm+ups>

Flautists - <http://www.fluteinfo.com/WarmUp/>

Pianists - <http://www.dummies.com/search.html?query=piano+warm+ups>



### 8 Beginner Playing Techniques

This lesson will teach you the following 8 techniques

1. Hand and foot technique e.g. Grip: Fulcrum, Tight vs Loose, Angle of Attack, Free Vs Controlled, Cross Over vs Open-handed, Heel down vs Heel up
2. Vocabulary - Knowing parts of the drum kit
3. Timing and Groove
4. Coordination
5. Drum patterns and Rudiments
6. Fills
7. Dynamics - When to be soft and loud
8. Sight Reading drum sheet music

Website for more info: <http://drummagazine.com/10-things-every-beginner-should-learn/> or <https://tinyurl.com/y9cyzjil>  
<https://www.wikihow.com/Play-Drums>  
<http://vicfirth.com/fresh-approach-drumset-6/> -> Video examples from experts



## 2. Practise techniques

You should have a target for your practise session that you set after completing your log for the last session! This target probably involves some kind of problem. It's likely to be a technique. It might be something to do specifically with your instrument (HOW you play something) or it could be something musical or stage presence etc. These are good websites you could look at for ways to help you with particular issues, or you could ask a teacher!

Guitarists -

<http://www.dummies.com/how-to/music-creative-arts/music/Guitar/Technique.html>

Singers -

[http://www.dummies.com/search.html?query=singing&category=SINGING\\_TECHNIQUES](http://www.dummies.com/search.html?query=singing&category=SINGING_TECHNIQUES)

Pianists -

[http://www.dummies.com/search.html?query=piano&category=PIANO\\_POSTURE\\_TECHNIQUE](http://www.dummies.com/search.html?query=piano&category=PIANO_POSTURE_TECHNIQUE)

## 4. Rehearse your piece

So far you should be quite far into the rehearsal time. The things you have developed in the final two sections should then feed directly into rehearsing a section of your piece. You can now try to improve that section that you were struggling with that you have been trying to improve through using the techniques you have researched. **Spend around 10 minutes on this part** of your rehearsal to make it useful and not get bored or too tired.

## 3. Rehearse your piece

Just do your logs! Don't forget to do them after every session as soon as you can, don't leave it. Read the advice in your brief and give as much detail as you can. Assume the person reading it or listening to it knows nothing.

Questions you could consider talking about (you could get someone to interview you!)

What warm up did you do and why?

What technical exercises did you do?

How did you do it?

What part of your piece was it to help with?

What section of your piece did you rehearse? How did you do it? (e.g. slowing down etc), did your technical exercises help?

Did you make any progress? How much?

Was there anything you didn't achieve that you wanted to?

Why do you think that didn't happen?

Can you think of any ways you could help this?

What is your target for your next session?

Do you have any ideas for how you could help with this?

Look at the lists at the beginning of this guide – what could you comment on that you did positively today?



### 8 Beginner Playing Techniques

This lesson will teach you the following 8 techniques

1. Posture
2. Projection
3. Breathing (diaphragm control)
4. Articulation
5. Scale over 1 octaves
6. Arpeggio's
7. Range (low pitch to high pitch)
8. Basic sight-reading for identifying pitch.

Website for more info: <https://www.wikihow.com/Improve-Your-Singing-Technique>  
<http://vocaltechnique.co.uk/>



### 8 Beginner Playing Techniques

This lesson will teach you the following 8 techniques

1. Pick holding
2. Fretting
3. Hammer-ons
4. Pull-offs
5. Bends
6. Slides
7. Vibrato
8. Pentatonic scales

Website for more info: <https://www.guitarlessonworld.com/lessons/7-beginner-guitar-playing-techniques/> or <https://tinyurl.com/yahvym99>

<https://tinyurl.com/y8e9gc44> - Fretting video



### 8 Beginner Playing Techniques

This lesson will teach you the following 8 techniques

1. Fretting
2. Fingers instead of a pick
3. Learn to walk (Small scale ascending and descending in pitch)
4. Find the Octave notes and 5th Notes
5. Scale over 1 octaves
6. Arpeggio's
7. Tone - using amp and bass dials
8. Lock in with the drummer

Website for more info: <https://tinyurl.com/y82eydn6> or guitar world website

[http://www.bass-guitar-techniques.com/bass\\_tone.html](http://www.bass-guitar-techniques.com/bass_tone.html)



### 8 Beginner Playing Techniques

This lesson will teach you the following 8 techniques

1. Correct hand position
2. Correct seating position
3. Pentatonic scales for movement
4. Scales over 1 octave
5. Scales over 2 octaves
6. Broken chords
7. Left hand and right hand accompaniment (that means together)
8. Basic sight reading for note duration

Website for more info: <https://takelessons.com/blog/piano-finger-exercises-z06> or <https://tinyurl.com/ybrw93qn>